

South Dakota SCHOOLS



WALK

Coordinated School Health
SD Department of Education
SD Department of Health



Program

South Dakota **ACKNOWLEDGEMENTS**

Please remember to include all students, regardless of their abilities, in the activities that your class chooses to participate in. If you have any questions, please contact Colleen Reinert by phone at (605-773-6189) or email (Colleen.Reinert@state.sd.us).

Colleen Reinert, DOH

Kari Senger, DOE

Karen Keyser, DOE

Support for this program is provided by cooperative agreement (Number 1U87DP001247-01) with the Division of Adolescent and School Health, Centers for Disease Prevention and Health Promotion, Centers for Disease Control and Prevention, Atlanta, GA 30333 and the U.S. Department of Health and Human Services, Health Resources and Services Administration, Maternal Child Health Bureau.

What is Schools Walk?

South Dakota Schools Walk was developed from a program begun by the Centers for Disease Control and Prevention (CDC) called Kids Walk-to-School. The idea was to get children to walk to school yearlong.

South Dakota Schools Walk is a variation of that program. It focuses not only on kids walking to school, but also kids walking while they are *at* school. This can take on many different forms, such as walking during recess or before and after the school day.

The enjoyable part of South Dakota Schools Walk is that it can take on whatever form that works best for your school and its students. To get ideas, click on [Fun Ideas](#) to get your mind going on how to start your own South Dakota Schools Walk program! If you're still wondering, look at our [FAQ's](#).

Who is Schools Walk for?

This is the 6th year that Coordinated School Health has sponsored South Dakota Schools Walk. The goal of the program has been to fight childhood obesity, specifically in grades K-6. This, however, does not exclude kids of all ages from participating. It simply means that these children will be eligible to receive incentives for their walking achievements.

This year, K-6 participants will receive an eight inch colored chain with a Foot charm for the SD Schools Walk Program and the After School Programs will receive a Runners charm, additional charms can be earned as the student reaches designated milestones.

Students in grades K-2 will earn their first charm after walking 5 miles additional charms will be awarded for every 10 mile increment. Students in grades 3-6 will earn their first charm after walking 10 miles with additional charms awarded for every 20 miles walked. Charms for those who accomplish 75 and 100 miles will also be available.

For taking the initiative to sign-up their students, teachers and/or program staff will receive a "Mileage Club Incentive Packet" which contains a Mileage Club Banner, Monthly Fitness Calendars, an Activity Conversion Chart, Mile Marker Cards and Certificates of Accomplishment.

By taking part in the South Dakota Schools Walk program, schools, After School Programs, and other youth organizations will work to create healthier and more physically active South Dakota communities!

Why Schools Walk?

The purpose of the **Schools Walk** program is more than just getting together with children and going for a walk to school one day or week a year. The event's greater aim is to bring forth **permanent** change in communities across the globe. A few of its goals include



INCREASE levels of physical activity in children by teaching them the pleasure of walking and bicycling and building physical activity back into their daily routine.



IMPROVE safety by giving children the opportunity to learn and practice [safe pedestrian and bicycle skills](#).



EDUCATE and empower community members to work together with police, Department of Public Works, the school, and other parents to create safe routes to school. For example, if the problem was a need for sidewalks, you would work with the Department of Public Works to get sidewalks installed; and if the issue were high speed traffic, you would work with police to lower speed limits and enforce them.

These are just a few reasons we love Schools Walk. Here are [more!](#)

During the month of

Walk to School Week

October, kick-off events can be held

South Dakota

to celebrate walking to school yearlong and raising awareness about the importance of walking and bicycling to school. This year's International Walk to School Week is celebrated during the week of October 6-10, 2008. International Walk to School Day, a one-day kick off event held during the International Walk to School Week, is held on Wednesday, October 8, 2008. For information about this year's October events go to www.walktoschool-usa.org

Three Steps and You're Walking

1. Go to www.walktoschool-usa.org to find out about this year's October event and visit www.iwalktoschool.org to see what other countries are planning.
2. Talk to your principals, police, and parents right away. Line up partners. Invite elected, health, safety and transportation officials, local businesses and the media to join the event.
3. Register your event on the Walk to School Day web site and find walking checklists, sample press releases, flyers, logos, and more!

For detailed information on how to conduct a walk program, check out the Centers for Disease Control and Prevention's Kids Walk-to-School guide at www.walktoschool.org/register.

We hope that all South Dakota schools and After School Programs will be able to incorporate some of these ideas into their normal routines. There's an old Chinese proverb from Lao Tse that says, "The longest journey starts with a single step."

[Register here](#) to take that first step. Let's Walk!!

Share Your Story!

Throughout your time with Schools Walk, you will have many memorable moments and exciting stories of breakthrough, change and success in one or many of your students. We want to hear them all! It is important for the success and continuation of the program, and will encourage other schools to join the program as well! So don't hesitate, [share your story](#) now!

Click here for [Even more Resources!!](#)